

RICKY'S IMPOSSIBLE VEGAN MEATBALLS



From: **RICKY THE TIME TRAVELING TRASH PANDA'S VEGAN RECIPES**

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#CookImpossible

Fool your guests into thinking you've fallen off the vegan wagon when you serve these mind-blowingly good meatballs!

Easily mistaken for "real" beef meatballs - these 100% vegan beauties are savory, tender, and flavorful. Good for the cows, the planet, and your taste buds. Win-win-win. Easy to make too.

Yield: approx. 10 meatballs

STEP #5: Ok, now grab a small handful of the mixture and form medium-sized (roughly 2 inch) meatballs. Think back to your childhood when you made anything with clay and mimic that circular ball-making motion. Encourage your family to take pictures of you during this step while you are thoroughly encrusted with pink goo. Maybe threaten to touch them with your hands if they take too many pictures. Repeat until all of the mix is used, and you have roughly 10 meatballs ready to cook.

STEP #6: Coat the bottom of a skillet or frying pan with olive oil. Heat it to low-medium temperature (#3 or #4 on a scale of 1-10). Add all of the meatballs and brown them on all sides. Use a pair of tongs to rotate them regularly so that they brown evenly and don't burn. This should take a few minutes.

STEP #7: Once the outside of the meatballs are browned, take them out of the skillet and put them into your heated pasta sauce. Continue to heat the sauce and meatballs on a slightly higher low-medium temperature (#4 on a scale of 1-10) and cook them for 6 minutes. If scalding hot sauce starts splattering you in the face, that means your temperature is too high. Turn it down.

STEP #8: Take one meatball out and cut it in half to see if it is thoroughly cooked (no longer pink). Give it a taste test! Marvel at your own amazing cooking skills and tell your family it didn't turn out right so you will have to eat them all yourself.

STEP #9: Reduce to low temp (#1 or #2 on a scale of 1-10) to keep warm while serving. **Add to your pasta and enjoy!**

STEP #10: Share this recipe with others so that we can let them know that even meat lovers can enjoy vegan food and be kinder to the animals, the planet, and their own bodies!

Meatball Ingredients:

- (1) 12 oz package of *Impossible Burger*
- 2 Tablespoons of *JUST Egg* (liquid)
- ½ cup Italian style breadcrumbs
- 1 leaf fresh basil (finely minced)
- 3 small sprigs fresh parsley (finely minced)
- 2 Tablespoons yellow onion (finely minced)
- 2 Tablespoons *Follow Your Heart* parmesan cheese shreds
- ¼ clove fresh garlic (finely minced)
- 1/8 teaspoon black pepper
- 1/8 teaspoon salt
- 1/8 teaspoon Italian seasoning
- 1 pinch of red pepper (finely minced)

Additional Ingredients:

- Olive oil (enough to coat the bottom of a skillet)
- Pasta of choice (3/4 of a 16 oz box of *Ronzoni* spaghetti works well)
- (1) 45 oz. jar of pasta sauce (such as *Ragu Old World Style - Traditional*)

Where to get the specialty ingredients:

Impossible Burger: <https://buy.impossiblefoods.com>

JUST Egg: <https://www.ju.st/en-us/products/consumer/egg/egg>

Follow Your Heart: <https://followyourheart.com/products/parmesan/>

DIRECTIONS:

STEP #1: Wash your hands. You're about to get wrist-deep in food, so don't be gross. Use soap.

STEP #2: Get a minion to work on cooking the pasta while you create the meatballs. Expect silly questions. Tell them to Google it.

STEP #3: Pour the entire jar of sauce into a saucepan and get it warmed up to low-medium temperature (#3 or #4 on a scale of 1-10).

STEP #4: Mix together all of the main ingredients in a large mixing bowl. Really get into it with your hands. Maybe pretend you are a raccoon that just found some awesome trash and squish it all together with joyful enthusiasm. Don't skip this important aspect, as it adds to the flavor and enjoyment.

Did you know?

Every time you eat Impossible Burger (instead of beef from a cow), you are using: 96% less land, 87% less water, and 89% less emissions?

Not to mention you are sparing the life of a thinking and feeling animal that is worthy of respect.

